

Leah Brueggemann (00:05.486)

Hey ladies, welcome back to another episode of the Balancing Hormones Naturally podcast. We have a very awesome guest on here, Dr. Zulia Frost. And she's going to share with us about something that you can actually bring into your own home to help support your health. And I have been using it for I think three weeks now and loving it, but I actually, my husband is more obsessed about it than I am. So we'll have to share his testimony.

But I would love for you to introduce yourself and share a little bit about what you do and where you're from and what got you started with Recharge Health.

Zulia Frost (00:44.870)

Thank you so much, Leah, for having me on your show. This is an honor, and I'm really, really pleased to have the opportunity to speak to people about a beautiful technology, which for some will be something new, for some will be something life changing. You never know, it's something natural and everyone could easily incorporate in your daily routine. So my name is Dr. Zulia Frost.

Leah Brueggemann (01:04.273)

Yep.

Zulia Frost (01:15.330)

originally, gosh, it's a little bit difficult question to ask because I came, was born in one country, have different nationality and so on. I normally describe myself as a cosmopolitan for that reason. But in my background, I grew up in Russia, Soviet Russia at the time, and I had my education at Kazakhstan Medical University. And then the big chunk of my

Zulia Frost (01:44.850)

like I spent living in the UK, United Kingdom, where I practice, where I start developing taste for this kind of medicine. Yes. So, the easiest way to describe my path to Recharge Health is just to say that the best way to recharge health is to say that the best way to Recharge Health is to say that

Leah Brueggemann (01:58.710)

Yeah.

Zulia Frost (02:10.310)

First of all, I had my own health issues, which normally I know so many therapists and practitioners who become therapists, they have to sort of go through yourself, through your own experience in life. And so same with me, same happened with me. I was in really pre-tyrastic, I crush and young, being young and suddenly feeling like on the brink of disability. It's really scary. So,

Leah Brueggemann (02:24.391)

Yeah.

Leah Brueggemann (02:33.170)

Oh wow.

Zulia Frost (02:41.010)

So, by then I was already a medical doctor and so I decided I'm going to put in practice everything I know about health and I threw everything, including not just on physical level. Of course, there was tremendous amount of exercise, there was tremendous amount of work on my own self. And but also intent. There was an intent to get well.

Leah Brueggemann (02:50.970)

Mm-hmm

Zulia Frost (03:10.050)

with my thoughts in the right order. And not knowing, I actually utilize red light therapy because every morning in my recuperation time, I would jog to the edge of the city, watch sunrise and bow sunrise. I would just, I didn't know then that was so much healing power on this infrared lights. But I know it now and it seems like relevant experience in my life.

Leah Brueggemann (03:14.666)

Yeah.

Zulia Frost (03:40.270)

And it's through me in the path to study more what else can a person have. Of course, you can prescribe painkillers. Of course, you give people steroids when they laugh at their situation. But really, if you want true healing, you need to understand that healing. You need to understand elements of this. And in my discovery, what I found is that there is one big chunk of

Leah Brueggemann (03:52.491)

Mm-hmm.

Zulia Frost (04:10.650)

was overlooked or missing. And that chunk of, I would describe as the energy in your body. Like we address nutrition, right? We say, oh, we're gonna do osteopathic manipulation or we have the medication. But nobody really talks about fundamental energy which fuels life in the first instance. And if you want to repair broken, damaged cells, what's the best tool to use?

Leah Brueggemann (04:19.365)

Mm-hmm.

Leah Brueggemann (04:22.551)

Yep.

Zulia Frost (04:40.230)

to address your mitochondria, that part of the cell which engage into energy process. And if you do it in the right way, you recover because you employ all the mechanisms for recovery.

Leah Brueggemann (04:57.286)

Okay, I wanna backtrack and dig into that for a second. So I really love how you said, we can do the supplements, you can do the nutrition, you can do the medications, but you really have to address the mitochondria. Can we break, so if you guys haven't guessed already, we're talking about red light therapy, but very specifically a type of red light therapy. But I know people kind of throw out

Zulia Frost (04:58.010)

What? Yes!

Leah Brueggemann (05:27.266)

mitochondria, like they do adrenals, like all my adrenals are fatigued, right? So what is, can we break down what actually is mitochondria? Like why would that affect like your everyday life for example?

Zulia Frost (05:40.330)

A very super important question. Really glad you brought it up. Because in our cells, we have organelles. They're like little machines, little factory machines, which generates energy. And that energy comes in adenosine triphosphates, and when it breaks down, it releases physical, tangible energy. And each cell uses this energy to power processes in the body. So,

Leah Brueggemann (05:57.266)

Yep.

Zulia Frost (06:10.150)

For example, cell needs to grow, it needs physical energy to grow, or digest, or procreate everything like us, like human beings. And the organelle mitochondria is the one... This is multiple mitochondria, is the singular, and mitochondria is many, many engines. And they constantly generate energy. And they... Very good that you brought it up.

Leah Brueggemann (06:14.387)

Mm-hmm.

Leah Brueggemann (06:22.429)

Yeah.

Zulia Frost (06:40.150)

mitochondria is absolutely overlooked because you can probably survive without food for some days, you can maybe even survive without water for some few days, you can survive without oxygen for some few minutes, yes, you know, when you dive, but with that mitochondria you

cannot even last a second. How important is that? And why nobody addressing this? So this mitochondria

Leah Brueggemann (06:59.728)

Yeah.

Leah Brueggemann (07:07.371)

Yeah.

Zulia Frost (07:10.310)

has processes and some processes involve generating energy by binding oxygen. Yes, it's called aerobic respiration. So cell breathes, it uses energy and synthesizes their molecules of energy.

Leah Brueggemann (07:21.170)

Okay.

Leah Brueggemann (07:32.446)

So if somebody like has chronic fatigue, chronic pain, I'm just thinking anything in the chronic world, that would probably mean, right, that they have something going on with their mitochondria, right?

Zulia Frost (07:46.070)

Yes, most of the time, because our mitochondria is a really sensitive organism. They call it symbiotic organisms, very sensitive. It's affected by toxins very easily. It's affected by environmental stresses. Now you know what life is now. We're constantly bombarded by toxins. If it's not through food, then through your... They put microwave towers,

Leah Brueggemann (08:17.573)

Yep.

Zulia Frost (08:19.512)

it's a full of gadgets and every gadget generates the field and that could upset mitochondria too. And then we have also some people who love drugs and they take, I mean, medication, not recreational drugs. Yes. So, you know, like for example, antibiotics, notoriously destroys mitochondria. And of course, if you have two courses of mitochondria,

Leah Brueggemann (08:19.686)

Yes.

Leah Brueggemann (08:37.138)

Yeah, I know what you're saying.

Zulia Frost (08:46.130)

antibiotics, you can't even assimilate food because it subsets, destroys the normal biome, and then it destroys mitochondria too. So many things constantly bombards in it. And I don't know if you like to know this like very latest research joined that melatonin has very protective properties. And when melatonin

Leah Brueggemann (08:56.866)

Yeah.

Zulia Frost (09:16.030)

is not functioning well, it also can affect mitochondria. Because melatonin engage in not only in sleep function, but also antioxidant and also DNA repair. You know, all that and considering most of us don't have normal melatonin pattern because our circadian rhythm is off. You know, we stay up late, we eat late and then maybe people don't wake up

Leah Brueggemann (09:36.292)

Mm-hmm.

Zulia Frost (09:46.150)

people wake up maybe later. So everything is upset. So there are many factors which can upset my decondition.

Leah Brueggemann (09:55.646)

Yeah, it blew my mind when I first learned about melatonin is primarily made in your gut. Only a small amount is made by your pineal gland at night time. And I was like, Oh, that makes sense, because everybody's guts are screwed up. Okay, so how do you fix mitochondria? I know we kind of talked about, you know, it's energy, right? And such a big important part of just functioning. But what do you do to support mitochondria? Is that

Zulia Frost (10:04.050)

Thank you.

Leah Brueggemann (10:25.566)

is that lifestyle, is that red light, like how do we actually fix it if we have issues with it?

Zulia Frost (10:33.650)

Well, I'm sort of a person who believes it's not one cure for everything. Yes, you need to do multiple actions. You're absolutely right. Look at your lifestyle. Make sure you address this

circadian ritz or go to bed at the right time, wake up at the same time, eat at the same time. You need to protect mitochondria. You can take antioxidant supplements. That would be good. I like to have natural supplements. Like,

Leah Brueggemann (10:46.808)  
Mm-hmm.

Zulia Frost (11:03.150)  
food which has less toxins in it, less herbicides from processing the foods. And also this all has to be more like green, greens like plants food base. It's really good for mitochondria. And with all that you also can use red light

Leah Brueggemann (11:06.487)  
Yeah.

Zulia Frost (11:33.070)  
red lights. And again, I'm so glad you touch on this melatonin because it's not many people know about this. It's the latest research showing that melatonin can be produced subcellular inside the cell. But it does so in response to new infrared light, which comes from the sunshine. Yes. However, how many people have luxury to be outdoor every day, you know? I mean, if you work in the office,

Leah Brueggemann (12:01.066)  
Mm-hmm.

Zulia Frost (12:03.030)  
home and then get in the car, you get to the office, you constantly indoors, you're not receiving that healing neon-frared light. So you need to maybe find a way to optimize it. So in this case, I'll be talking about flex beam as a generator for this light. Could use specifically to address

Leah Brueggemann (12:14.128)  
Yeah.

Zulia Frost (12:33.111)  
absolutely look into red light therapy.

Leah Brueggemann (12:37.746)  
Yeah. So can we talk about the difference between like a red light panel of infrared versus the flex beam? Because I, well, you probably have this patentin, which is why I haven't heard about

it anywhere else. But when I hear and think of red light, I always think of the panels or the saunas, where you know, you're sitting in front of it. But flex beam, when I came across you guys, it's very, very targeted. So, um,

you go from a panel that's covering more parts of your body to use it in how you do with the flex beam, which is like a very targeted point? Like what's the difference between those?

Zulia Frost (13:16.910)

Yes, it should start with talking about and giving credits actually to the inventor of Lexbim, Aryan Helder. He's my colleague. And he looked at so much research which is going on in red light therapy and the new infrared light therapy. And he keeps saying, oh, it's just, man, it's not enough power, not enough power. So you know what's happening? Because it's LEDs. They're not lasers.

Leah Brueggemann (13:29.829)

Mm-hmm.

Zulia Frost (13:46.850)

to deliver energy, not in a perfect way like lasers would do. So there are some photons will be scattered. So in order to deliver in the target tissue, you need the power. So from concept of panels, we understood that it has to be on the skin because then you don't lose photons in the environment. So all of it,

Leah Brueggemann (14:15.270)

Oh, okay.

Zulia Frost (14:17.290)

and place right on the skin. So when flex beam is on the skin, in the skin contact, then you bring it and you focus in that light. And once on the skin again it's good idea because it all goes in, you don't need to wear goggles. Yeah, but fundamentally the difference is that you can target. And target means on the skin and also you can do this three-dimensional

Leah Brueggemann (14:37.129)

Yeah.

Zulia Frost (14:47.090)

So each module will be beam and deliver photons right in the center where it needs. It's very good for joints. So that's one aspect. So target it, you target it. And second aspect, it's a power. So if the panels, they kind of distributed power all over the panel, with this, there are only six diodes, but they are beasts, they are super powerful. And these, the diodes actually pointing

Leah Brueggemann (15:09.466)

Mm-hmm.

Zulia Frost (15:16.850)

and delivering this potent dose inside. So the photons can actually read the target tissue. That's why you need power. But it's completely safe. If we use the same power as, we give the same power to lasers, it would be a very high class, very, very strong. It could literally burn the tissue. But because it's LEDs, physics of LEDs is different. It's like, it's totally safe, completely safe. But yet with power you achieve

Leah Brueggemann (15:26.396)

Okay.

Zulia Frost (15:46.850)

ability to deliver energy right where it's needed.

Leah Brueggemann (15:52.566)

Yeah, and you have the three different settings. So could we talk about those? Like, I know I'll let you explain it. I'll screw it up.

Zulia Frost (15:54.455)

Yes.

Zulia Frost (15:56.950)

Yes. This is part of target because with settings you can target how deep you want penetration. The advantage of red and near infrared light is that it can go through tissues and deliver photons of light inside the body. So red is typically absorbed literally at the skin level, like maximum centimeter, I would say.

Leah Brueggemann (16:18.350)

Okay.

Zulia Frost (16:26.910)

program one, it's red light primarily, and it's designed for skin problems. Program two, it's combination red and the infrared, so it will give you a little bit deeper penetration. So if you target, say, small joints on the fingers, toes, you can put program two. And program three, it's pure infrared lights, and it goes very deep. With our device, it can go 10

Leah Brueggemann (16:46.829)

Okay.



Zulia Frost (16:56.850)

So you're gonna simulate with photo effect mitochondria at that depth. So this is part of targeting.

Leah Brueggemann (16:58.551)

Wow.

Leah Brueggemann (17:04.806)

Dang, okay.

Leah Brueggemann (17:08.946)

And I know one of your big things that you guys always say is that basically what the flex beam is doing is basically stimulating your body's natural process of healing, correct? Kind of like speeding it up.

Zulia Frost (17:22.590)

Exactly, exactly. I get lots of emails and people say, well, could it treat this, could it work on this? And I always say, if you understand what light is doing in your body, then you would understand the benefits of it. And it literally creates in their most favorable environment for healing. Like it gives, for example, by ability to stimulate mitochondria in the cell. So you give

Leah Brueggemann (17:46.111)

Okay.

Zulia Frost (17:52.890)

necessary energy for the cells to actually perform the healing process. Like if you have the injury, you have physically broken tissues, right? So on the physical level, what's happening, there will be some electrical current generated there, and cells literally start crawling towards the side and start, you know, cleaning it, interacting, settling. It's like little community on microscopic level. And so by giving this energy, you help in supporting natural

Zulia Frost (18:22.650)

process. Number two, because you bind with oxygen, then you kind of kick knock out of the nitric oxide and nitric oxide in small quantities, which as a result of the stimulation will be vasodilatiam. That means more blood can come to this area. And I'll tell you as a doctor that if you want to heal anything, you need presence of blood.

Zulia Frost (18:52.450)

blood brings all the essential things to you, oxygen, nutrients, you name it, yes? And take the waste away. So you're absolutely fundamentally important for you to have blood. So by

vasodilating and opening collaterals, you actually bring in more of that blood. And of course, it's known in red light therapy effects collagen. That's why in the first instance, there was a, you know, there's some variety of cosmetic

Leah Brueggemann (18:53.758)

Hmm.

Zulia Frost (19:22.450)

the market, yes, because people immediately, oh, collagen, my skin. Yeah. And I must say, this is good, because when you stimulate with red and infrared lights, the collagen quality comes better. So it's become much more bouncy, hydrated, much better quality. Remodeling happens. And, you know, stem cells comes to play earlier. So you, yes, whatever you do, you literally

Leah Brueggemann (19:28.950)

Mm-hmm

Zulia Frost (19:53.313)

do support natural process and because of this recovery goes faster.

Leah Brueggemann (20:01.026)

Okay, and no matter what instance you're talking about, so I have some questions of these settings. These are actually from my husband, not from me. So he is a physical therapist and he's also a runner. And so he wants to know if he's working, for example, like with a patient who had a fracture, I forget the word he even said, but something on the leg, but they also have sore muscles. He said, would you want to do, like, would you have to do the

Leah Brueggemann (20:30.906)

front and the back of the leg or could you put it over the back of the leg for example and put it on setting three and it would cover both of those things at the same time.

Zulia Frost (20:41.310)

So the idea of course to maximize, so if you can cover with these three active modules, and if you can cover this leg with all these three modules, that's enough. Ten minutes will give a dose stimulation. But often, for example, ankle, I would put at the front, but then I would put at the back, because some aspect of the ankle is not covered, and I like to be giving energy to all the people.

Leah Brueggemann (20:50.628)

Mm-hmm

Leah Brueggemann (21:06.791)

Okay.

Zulia Frost (21:10.930)

this area, saturate with energy. If it just happened recently, then it's very straightforward. You just place where you see the problem. But if it's a chronic process and it's been there for a while and you know the whole body start changes, the body mechanic changes, then the need for energy increases because you know so many malfunctioning processes could run together.

Leah Brueggemann (21:23.532)

Right.

Zulia Frost (21:40.810)

Like your husband said, yes, I would put at the back of the knee. Particularly, I would like to stimulate at least with one module, the blood vessels there. Because we learned recently that some mitochondria actually free-floating in blood. And the spine as well.

Leah Brueggemann (22:00.893)

Oh, okay. So...

Leah Brueggemann (22:05.226)

Okay, that answers my question. So if we were like thinking about our leg like this, would you have to, if you were wanting to help support a leg injury, do you have to cover like the whole expanse of the leg or would it be better to like wrap it around so you're covering this part? Yeah.

Zulia Frost (22:20.330)

If you have specific injury like he has fracture, yes, then you put right around it like literally from first hours. But if you deal with like muscular aches, more or less systemic, yeah, then of course if it's a runner like you need to put on these muscles which use more or less the most, yeah, then it's over the leg. I mean we need to identify the goals what we try to achieve.

Leah Brueggemann (22:49.006)

Okay, so that brings me to my next question. What if like you don't have like a knee injury or a back injury? Like you don't have anything, you know, very acute like that, but you just want to have overall better health. What would you like, what, where would you put it?

Zulia Frost (23:10.071)

You know, this is a good question because it's probably a unique device on the market which can be helpful for people who have problems and people who have zero problems. But it helps to optimize the energy. And for this, I would put on a stomach. I love stomach. And I tell you why. Because you already mentioned melatonin produced in the gut. Yes.

Leah Brueggemann (23:22.366)

Mm-hmm.

Zulia Frost (23:37.450)

your engine because everything, whatever nutrients you put in your stomach, it needs to turn into some, you know, proteins, some, you know, substances, you break it down. And then you create, you synthesize enzymes, neurotransmitters, all that. And that is all your stomach. And considering we running around stressed nowadays, you know, no matter what, no matter how, you know, you meditate all day, you're still stressed somehow.

Leah Brueggemann (23:51.369)

Yeah, I know.

Leah Brueggemann (23:55.766)

Thank you.

Zulia Frost (24:07.790)

So, this is the area which takes the stress. So it makes sense to put it on the stomach and get systemic effect. Also because I also studied TCM, Traditional Chinese Medicine, Acupuncture, I recognized the energy importance. So that is right in the center of the body, we have very, very important medium, especially for women.

Leah Brueggemann (24:25.966)

Mm-hmm.

Zulia Frost (24:37.910)

conception of vessel meridian. So when you put it vertically over the stomach you're covering the key very very important points. One of the points actually just below the navel it's called the sea of chi which means the sea of energy in the body. So when you stimulate the arts it just gives that amount of energy so we have reserves in our body.

Leah Brueggemann (25:05.626)

Okay, that's so interesting too because we've had a pelvic floor therapist on and she talked about I don't know what it's called but it's this ligament that connects to your uterus and literally comes all the way up your sternum to someplace in your neck here and The exercises that she gives she said you know it really is about lifting that uterus and connecting all of that So that's very interesting that you talk also about putting it on that same place that that midline so

Leah Brueggemann (25:35.706)

do it vertically like up and down or would you do it up and down and then also like horizontal over your stomach as well?

Zulia Frost (25:42.930)

Yes, I prefer to use... Okay, I even gave the name for this technique. I call it the cross vertical over the navel and then horizontal over the navel. And again, because when we just form as an

embryo, you know the cell, you have one embryo cells. Then it divides vertical, yes, that's your meridian first. And then it divides horizontally. So this is...

Leah Brueggemann (25:51.492)  
Mm-hmm. Okay

Zulia Frost (26:12.730)  
most archaic, most fundamental ingredients in the body, vertical, horizontal. And it goes through the navel. So that's why it's important to place, from my point of view as well, because I take that stuff seriously. You know, the people, you know, ancient Chinese medicine, they express in an old, flourish way, but there is some essence to it. It, you know, relates to

Leah Brueggemann (26:26.450)  
Yeah.

Zulia Frost (26:42.570)  
utilize this knowledge. One thing you said, you could also put here vertical over the sternum, over the chest. It's really good because first of all our heart is there and heart is really rich on mitochondria. So we can replenish that but also it's really calming because it's kind of mimicking the vagus nerve which goes inside in this paper.

Leah Brueggemann (27:11.626)  
Okay, yeah, yeah. So what setting would you do if you were going to do the cross one? Would you do two or three?

Zulia Frost (27:17.790)  
Yes, general rule, I'd say front is program two, back is program three. Okay, just as a general rule, because it's a little bit gently at the front. But if you, if somebody has a true issue, like, you know, like you said, the injury, for example, then we go for three. But otherwise we could do two.

Leah Brueggemann (27:46.226)  
Okay, so, okay, so stomach is like general wellness. I'm assuming that's probably gonna help with digestion. I don't know, potentially stretch marks. I don't know. Like, would you have to cover like every part of your stomach though, if like you were working on stretch marks?

Zulia Frost (27:52.790)  
Yes? Yes.

Zulia Frost (28:04.271)

If somebody has stretch marks, you just place where they show. Okay? So maybe two places, maybe three places. I recommend about 30 minutes maximum, 40 minutes on the session. But if you work with the skin, remember you need program one. You need red lights.

Leah Brueggemann (28:12.374)

Mm-hmm.

Leah Brueggemann (28:28.506)

I remember that. It's literally I'm like go deeper the higher the numbers go. Okay, so this is very interesting. So what about what about energy versus sleep? Like let's say you have trouble sleeping or you have trouble like I don't know with energy. Are there two separate like maybe programs that you or places you would use for that?

Zulia Frost (28:55.691)

Yes, they kind of linked, right? If you don't sleep well, then you feel fatigue and then your energy declines. So in my protocol, which I put together, it's all based on users because everybody's using device, they feedback me information and I put together making sense of this. So what we found for both conditions, energy and I would do combinations. So first,

Leah Brueggemann (29:01.351)

Yep.

Zulia Frost (29:23.190)

They are central over the chest, second cross on the stomach. This is one session, but next day, I would put it over the spine, over the spine. And on the spine, typically it's three positions. For somebody small, it's two, somebody larger, it's four positions. So if you combine these two protocols, there would be good coverage. One thing I would say, if people have, for example,

Leah Brueggemann (29:27.926)

Mm-hmm. Okay.

Zulia Frost (29:53.150)

adrenal fatigue you mentioned before. Then it makes sense to give a little bit boost for adrenals. So place at the back horizontally but above the waistline. So where the middle module goes over the spine and these two will be covering kidneys with adrenals. So

Leah Brueggemann (30:12.366)

Mm-hmm. OK. So these programs are the ones on the website. Like you can search. Like it's just there. If you have Flexbeam, you can go in and look at those. Does it depend what time of day you do those? Because I'm thinking about it. My husband was doing his for a knee injury. And following those programs, it was like one on the knee. And then the next day, it was like knee and one on the back as well. And the one on the back, I'm remembering.

Leah Brueggemann (30:42.366)

remembering was over the adrenals and he was telling me he's like dang when I do that at night time I'm just ready to go like I am not ready for bed So does it depend like if you're gonna be doing anything on the back in that instance? Should you probably not be doing that before bed?

Zulia Frost (30:50.855)

Yeah.

Zulia Frost (31:00.350)

You know, it varies because people have different degree of response. First of all, we are different by our vitality, by our age, fitness level. For him, it may be energizing, but somebody who's got like same melatonin issues, it would be opposite relaxing. My preference, if you use device, you either use to kind of sync with nature.

Leah Brueggemann (31:24.272)

Oh, okay.

Zulia Frost (31:29.650)

Remember red lights you see at sunrise or sunset. So you either do it in the morning or later. And if you find that it's energizing you at night, then shift to first thing in the morning when you wake up.

Leah Brueggemann (31:46.046)

Okay, yeah, that makes sense. He, so like I said, he's a runner and he used it, I think probably just a week and he noticed a massive difference in like his leg after running. He's like, it doesn't hurt anymore. So that was really cool. What are some of your favorite testimonials that you've had from people that you've used it in your clinic?

Zulia Frost (32:13.050)

Oh, gosh, I don't know. They are probably the favorite was because it was unexpected, I would say. I had one girl who had tremendously painful periods. And she had, she suffered for 24, she suffered for all these years. And we just suggested why not you put it over your, you know, low abdomen and low sacrum.

Leah Brueggemann (32:24.370)

Mm-hmm.

Zulia Frost (32:43.010)

You know, in four days she came back and she said, it's like remarkable, there is no pain. And then she, you know, tried it for next few, a couple of periods and it's completely gone. To me, this is like giving somebody a really quality of life because it's so debilitating. But besides that, I get all sorts of testimonials. People with, I had the one,

Leah Brueggemann (32:43.208)

Yeah.

Zulia Frost (33:13.150)

she came off the motorbike and here a very deep deep wound in the knee really like tremendous pain like four centimeters deep you know gush and wound and again she used it as a healing tool for her recovery she recovers and also I understand she is a woman and then she showed me a few months later photograph of her scar there hardly any scar it was so tremendously bad I've got photograph of

Leah Brueggemann (33:18.213)

Oh.

Zulia Frost (33:43.170)

beginning. I think she gave testimonial on the website, but for her recovery was tremendously fast. She was pain-free a lot earlier, and then she healed the horrible wound with a just tiny little scar, which I'm sure it will remodel even further throughout the years. I had testimonial from athletes who prepared themselves to run.

Leah Brueggemann (33:53.491)

Yeah.

Zulia Frost (34:13.670)

My husband ran and he used the leg beam and he said that his partner, running partner, was like out of breath and he was just whistling away full of energy. Yeah.

Leah Brueggemann (34:19.151)

Yeah.

Leah Brueggemann (34:28.307)

Yeah, yeah, it definitely makes a difference. Could you use it then in terms of like prevention if you are an athlete? Like let's say, I don't know, you're a runner or you're a weight lifter or would you, could you use it as a way to strengthen your body for prevention against injuries?

Zulia Frost (34:48.010)

I think so, I think so. I had this question, so then we designed to do a case study to see if it's really work or not. So we've got the flex beam and then we make extra two, but in those we cut the red light, so it was like a placebo. And we used the athletes to try to ask them to do the, I think pull up, so pull down until they fatigue.

Leah Brueggemann (34:57.450)

Okay.

Leah Brueggemann (35:05.091)



Okay.

Zulia Frost (35:18.150)

how many times they've done it at the baseline. And then shine them with flex beam, four positions on the body. And measured at the immediately, how many they could do pushups. And then 21 hour and 24 hour. And we repeated this a few times with few people. And it was interesting results because

Leah Brueggemann (35:19.687)

Okay.

Zulia Frost (35:47.850)

One hour after stimulating with FlexBeam, everybody got tremendous improvement, really significant improvement. And people who use Cham device or the placebo device, they hardly any change, hardly, hardly any change. And so that's already put, you know, my mind at rest because knowing this is. So then I started recommending other sports athletes to use it. And they are, they all

Leah Brueggemann (36:02.850)

Yeah.

Zulia Frost (36:17.970)

that it really helps them to perform better. And yes, and I think if you are an athlete, especially professional, they compete for split of the seconds. For them, any result is good. So why not use natural way to help yourself?

Leah Brueggemann (36:23.908)

Okay, that's so interesting.

Leah Brueggemann (36:34.328)

Yeah.

Leah Brueggemann (36:40.646)

So now I'm just gonna pivot and you may not know the answer to this. So we've talked a lot about like healing and injuries and muscles and energy, but what about women with like chronic hormonal issues like endometriosis or fibroids or things like that? Obviously you can't make medical claims, but is that something you would want to use like over your uterus? Would you want to use flex beam? Like just, I don't know.

Zulia Frost (37:09.250)

Yeah, sure. Well, if you just understand that this is actually support in your recovery device, it doesn't matter what it says. I would definitely, definitely recommend, together with whatever the course of treatments they're going through, it's only going to do good because it's going to give

energy for the body to deal with this issue. And I am very sure there will be results. Well, I'm sure because I have people writing to me with endometriosis. It's been helpful.

Leah Brueggemann (37:31.060)

Yeah

Zulia Frost (37:39.250)

Yes, so and then when you look at this and thinking okay, maybe it's a hormonal dysregulation and then immediately you think, ah melatonin maybe through melatonin mechanism we can help this person. So I just think it would be a good idea to use it.

Leah Brueggemann (37:40.329)

Wow.

Leah Brueggemann (37:54.769)

Yeah.

Leah Brueggemann (37:59.326)

Would you be using setting three then? Because it's more chronic or would you still only do two?

Zulia Frost (38:03.831)

for something like this I would setting three yes yeah yeah

Leah Brueggemann (38:09.166)

Setting three still over the uterus. So how do you use flex beam every day? Like what's your flex beam routine? I'm just gonna go ahead and do a little bit of

Zulia Frost (38:16.670)

My routine is because I must say after that my injury, I left with some debilitating conditions. It will never go, but I need to exercise. So every time I go for a jog, then I put it on my lower back, sacrum, and I like to use it on the abdomen. And it's so relaxing, very nice. Sometimes

Leah Brueggemann (38:41.295)

Mm-hmm.

Zulia Frost (38:45.970)

and yes, sometimes I use it. In our manual, we said, do not shine in your eyes. But if you put the goggles, and you just at distance like 20 centimeters, you can just 10 minutes a day on program one, program one, shine, just to improve a little bit ecology. Yes, yes. But you know, we enter age because we even putting on the body, you're still gonna have benefits.

Leah Brueggemann (38:53.986)

Mm-hmm.

Leah Brueggemann (39:07.126)  
so we can anti-age ourselves. Hahaha.

Zulia Frost (39:15.970)  
because it clears this reaction oxygen species build up as we know it, yeah.

Leah Brueggemann (39:17.851)  
Yeah.

Leah Brueggemann (39:22.126)  
Yeah, yeah, because even if you were like you said just doing the cross, I don't know, would you have to do it like every morning or it's 20 minutes if you just do the cross. It's going to be affecting your entire body because it's stimulating that healing of the mitochondria.

Zulia Frost (39:40.110)  
And you know recent research shows that a microbiome, your gut bacteria, good one, light sensitive. It actually can harvest light. Yeah, and you start repopulating your gut with a good one just under light influence. Very good study. Like probably two years ago, I've seen it. Yeah. Yes, I wanted to tell you, if people use it daily, they need to make a break.

Leah Brueggemann (39:50.651)  
Oh, wow. Huh.

Zulia Frost (40:10.810)  
because there is a situation with light therapy. If you start pumping energy in the body, it has a cumulative effect. So over a period of time, you build up energy reserves. So you need to make a break. Otherwise, what's happening, you get effect, and then one day you overdone it. And so you start having less and less effect. So you could have to the point that it's not going to work.

Zulia Frost (40:40.150)  
for you. So those people who use it all the time, you should know when you notice you stop getting beneficial results from it, that means you're overdone. Yes, so stop make a break. My recommendation, which I just designed for simplicity, it's Monday to Friday, weekend off. You know, so you have a routine during the week, we can't you do whatever you like. And it seems working well.

Leah Brueggemann (40:43.977)  
Oh, okay.

Leah Brueggemann (41:11.946)  
Yeah. Is there anybody that shouldn't use red light or flex beam?

Zulia Frost (41:16.910)

Well, like anything, right? To start with, good thing you do in more duration. You don't overdo it. Yes? I've been asked the question, what is too much? What is too much? Basically anything over an hour, I think it's too much. Yeah, so try not to do it. You know, 20, 30, maximum 40 minutes time is good.

Leah Brueggemann (41:28.151)

Yeah.

Zulia Frost (41:46.170)

Number two is if people are ill, because some people are ill and they think, for example, cancer patients, they have cancer and they, cancer notoriously also mitochondrial disease, you know. So you can help yourself, but you're not allowed to put the flex beam over the cancerous tumor, because, you know, it stimulates the blood

Leah Brueggemann (42:09.213)

Okay.

Zulia Frost (42:16.050)

You can work in different parts of the body. Even on reflex zones like hands and feet, you can just put it on your hands and just sit like this. So that's the way you can support yourself. So we say that with pregnant women, nobody studies pregnant women for ethical reasons, so we cannot say, so we just say do not place on the pregnant uterus.

Leah Brueggemann (42:18.413)

Okay.

Zulia Frost (42:46.050)

also quite sensitive because often maybe some process started there, we don't know. So another thing, thyroid gland is really close to the surface here and if flex beam is quite strong. So what my recommendation is not to use it directly but use it through the back of the neck. If you use through the back of the neck, then you can improve supply of the blood and everything to the thyroid.

Leah Brueggemann (42:46.610)

Mm-hmm

Zulia Frost (43:16.250)

with testes because immediately because there's internet full of studies on testosterone and infrared light therapy so you know testes are very close to surface again and maybe some weak red light therapy devices okay but flex beam is very important so so people shouldn't be putting for a whole 10 minutes you know or just not putting that I mean

Leah Brueggemann (43:17.428)  
Mm-hmm

Leah Brueggemann (43:48.456)  
He probably not a good idea. He won't supercharge them.

Zulia Frost (43:53.327)  
Yeah.

Leah Brueggemann (43:55.306)  
gosh okay so this is very very cool so you know we went over ways that you can use this for injuries ways you can use this for

Leah Brueggemann (44:06.866)  
just general healing and energy. I just, I think that it would be, especially all of my clients with like very chronic issues, you know, they're doing, they're doing all the things, they're doing the nutrition, they're doing the lifestyle and the stress management, but you know, life is just stressful, period, like you said. And so I think it'd be very interesting to just, you know, have them do, you know, something as simple as like the cross over their, over their abdomen, like, you know,

Zulia Frost (44:23.290)  
Yes? Yes.

Zulia Frost (44:33.492)  
from

Leah Brueggemann (44:37.306)  
and see how you start feeling. And I'm pretty sure FlexBOOM has like 30 day money back guarantee. So, you know, that gives you four weeks to try it. And we definitely noticed a difference. And I think it was just two weeks. So definitely enough time to see if it works.

Zulia Frost (44:54.470)  
Yes, I agree. I get lots of through social media, lots, lots of feedback. People write to me on every whatever application you think of. And I am really, really in touch and I see people like the device. They say it really works. And then they start using it like husband using wife, husband for injury, wife for sleep and the kids using just for stomach or whatever, you know, like,

Leah Brueggemann (45:21.454)  
Mm-hmm

Leah Brueggemann (45:24.887)  
Mm-hmm. Yeah

Zulia Frost (45:26.192)

It's kind of really easy because you could just put it there, for example here, and watch TV, you know, or tie it to your back and continue to work on your laptop.

Leah Brueggemann (45:35.292)

Yeah.

Leah Brueggemann (45:40.426)

Yeah. Now, when I work on it with my wrist and I just like strap it on and go about my day and it's fine. It's also very short. It's not like you have to like, it's just 10 minutes. So, you know, it's not a super long time. Well, we will put the link for you guys to check out Flexbeam and I'll link their website because that's where all of Dr. Julia's protocols are, which is what we've been following.

Leah Brueggemann (46:09.386)

discount code Leah, just my name, for I'm not sure which percentage off, but it does give you a discount, so definitely use it. Thank you so much for coming on.

Zulia Frost (46:15.150)

Thank you.

Zulia Frost (46:19.890)

Thank you so much for inviting me and I'm really, really pleased to be able to speak and talk about FlexBeeam. I'm giving a little bit of people education about lifestyle. And, um, sorry.

Leah Brueggemann (46:33.671)

Yeah.